

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M.D., Director

Weekly Bulletin

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GUY P. JONES
EDITOR

White and Whole Wheat Breads Both Wholesome, Say Scientists

That white bread is a wholesome food is the opinion expressed by specialists of the U. S. Department of Agriculture and five nationally known authorities on nutritional problems who were consulted by direction of Secretary Hyde. The views of this group, headed by Dr. A. F. Woods, Director of Scientific Work of the department, are expressed in a statement based on the scientific facts regarding breads made of white flour and of whole wheat flour:

White and whole wheat breads are both wholesome foods. They are among the most important and cheapest sources of energy and protein in the diet. The composition and value in the diet of whole wheat and white bread vary not only with the differences in the flour used, but also with the amount and character of other added constituents.

Whole wheat or graham flours, which contain the bran and germ portion of the grain, have lower bread-making capacity and are more susceptible to spoilage, so can not be handled as readily commercially. In general, they contain more essential minerals and vitamins and more roughage than white flour.

No person subsists on one food. Each food should be chosen in relation to the other constituents of the diet. Bread, either white or whole wheat, is always an economical source of energy and protein in any diet. The form may be left to the choice of the individual when the remainder of the diet is so constituted

as to contribute the necessary minerals, vitamins, and any necessary roughage.

Those who were consulted in the preparation of the statement are: Dr. R. Adams Dutcher, head of Department of Agricultural Biochemistry, Pennsylvania State College; Dr. E. V. McCollum, Professor of Chemical Hygiene, Johns Hopkins University; Dr. Lafayette B. Mendel, Professor of Physiological Chemistry, Yale University; Dr. H. C. Sherman, Professor of Chemistry, Columbia University; Dr. Harry Steenbock, Professor of Agricultural Chemistry, University of Wisconsin; and from the Department of Agriculture: Dr. A. F. Woods, Director of Scientific Work; Dr. Henry G. Knight, Chief, Bureau of Chemistry and Soils; N. A. Olsen, Chief, Bureau of Agricultural Economics; Dr. Louise Stanley, Chief, Bureau of Home Economics; Dr. W. W. Skinner, Assistant Chief, Chemical and Technological Research, Bureau of Chemistry and Soils; and Dr. F. C. Blanch, in charge, Food Research Division, Bureau of Chemistry and Soils.

"It should be evident," said Doctor Woods, in commenting on the official statement, "that because a particular food lacks a certain vitamin or other important food factor, its value is not necessarily thereby seriously reduced in a mixed diet, in which other foods contain the necessary elements. Practically all dietitians nowadays recommend a diversified diet. The American people have available from the farms,

ranches, and fisheries everything needed for producing a sound body. Those who give out information on food values should be particularly careful not to draw unwarranted conclusions as to food values based on the presence or absence of some particular factor."

AUTOMOBILE DEATHS SHOW INCREASES

During the first six months of 1930 there were 1058 deaths in automobile accidents, as compared with 1004 such deaths during the corresponding period of 1929. Fewer children lost their lives in automobile accidents during the first half of this year, 114 deaths from this cause in children under 15 years of age having been recorded, as compared with 118 such deaths in children during the corresponding period of last year.

An analysis of the automobile deaths that occurred during the first six months of 1930 would indicate that the pedestrian represents the greatest automobile hazard, since 367 out of 1058 automobile deaths occurred in pedestrians who were involved in accidents with motor vehicles. A total of 270 individuals lost their lives in accidents which involved motor vehicles alone, and 200 individuals lost their lives in noncollision operating accidents. This classification involves a wide variety of accidents. It includes speeding, overturning, running over embankments, and most automobile accidents in which collisions are not involved.

There were 83 deaths in persons who were in automobiles which collided with fixed objects. There were but 52 deaths which involved motor vehicles and railroad trains and 48 deaths which involved motor vehicles and electric cars. There were 13 deaths which involved motor vehicles and bicycles, while only one horse-drawn vehicle and one animal were involved in motor vehicle accidents which occurred during the first six months of the year. It would appear from this analysis that most automobile deaths are still due to carelessness and that, until such time as the element of carelessness can be eliminated, large numbers of deaths from these causes will continue to occur.

ADVISORY NURSE APPOINTED

Ethel A. Fisher, of Pasadena has been appointed Advisory Public Health Nurse in the California State Department of Public Health. In her new position Miss Fisher will advise public health nurses in standard public health procedures and will make regular contacts with nurses throughout the state.

Think of the ills whereof you are free.—Joubert.

FEWER MARRIAGES IN 1930

A total of 38,006 marriages have occurred in California during the first nine months of 1930, as compared with a total of 39,196 performed during the first nine months of 1929, a decrease of 1190. While the numbers of marriages show gains in many of the counties of the state, sharp decreases occurred in the large centers of population, particularly. The principal decreases occurred in the following counties:

	Loss
Los Angeles County.....	549
Alameda County.....	128
San Francisco.....	127
Total	804

It will be seen from the above figures that 75 per cent of the losses in numbers of marriages occurred in the three largest centers of population of this state. A marked reduction also occurred in Orange County with a decrease of 277 marriages during the first nine months of the year. Ninety per cent of the losses, then, have occurred in these four counties of the state.

Among the counties in which increased numbers of marriages have occurred are the following:

	Gain
Ventura County.....	73
San Mateo County.....	44
Humboldt County.....	30
Napa County.....	47
Santa Barbara County.....	87

Reduced numbers of marriages have occurred this year during the months of April, June, July, August and September. Marked increases in marriages over corresponding months of last year occurred in February and March. The following table gives the numbers of marriages, by months, that have been recorded in California during 1929 and 1930:

	1929	1930
January	3,777	3,713
February	3,176	3,405
March	3,185	3,458
April	4,029	3,889
May	3,674	3,647
June	6,235	5,890
July	5,612	4,960
August	4,765	4,349
September	4,743	4,695
Totals	39,196	38,006

	January to Sep- tember, 1929	January to Sep- tember, 1930
Alameda	2,837	2,709
Alpine	---	---
Amador	36	23
Butte	158	136
Calaveras	13	12
Colusa	24	26
Contra Costa.....	402	399
Del Norte.....	32	23
El Dorado	25	22

	January to Sep- tember, 1929	January to Sep- tember, 1930
Fresno	835	791
Glenn	37	42
Humboldt	154	184
Imperial	305	210
Inyo	29	32
Kern	478	497
Kings	188	200
Lake	43	42
Lassen	41	27
Los Angeles	14,937	14,388
Madera	99	114
Marin	228	265
Mariposa	14	14
Mendocino	104	93
Merced	196	206
Modoc	21	22
Mono	2	3
Monterey	362	360
Napa	156	203
Nevada	24	27
Orange	2,886	2,609
Placer	71	74
Plumas	4	9
Riverside	993	904
Sacramento	806	747
San Benito	96	111
San Bernardino	817	829
San Diego	1,455	1,432
San Francisco	4,672	4,545
San Joaquin	574	548
San Luis Obispo	226	225
San Mateo	675	719
Santa Barbara	436	523
Santa Clara	1,123	1,053
Santa Cruz	301	319
Shasta	52	45
Sierra	2	2
Siskiyou	93	56
Solano	181	189
Sonoma	345	348
Stanislaus	298	299
Sutter	24	38
Tehama	57	39
Trinity	11	5
Tulare	415	401
Tuolumne	54	40
Ventura	628	701
Yolo	77	69
Yuba	44	57

LONG BEACH SEWAGE DISPOSAL

The city of Long Beach filed application with the State Department of Public Health for permission to dispose of screened sewage into the inner harbor entrance channel and to dispose of sludge by means of barges which would deposit the material 15 miles off-shore. The State Department of Public Health conducted several hearings at which all interested individuals were given opportunity to voice any objections they might have to the issuance of the permit. The final hearing was held in Los Angeles October 23d, and at this meeting permission was given to the city of Long Beach to deposit screened sewage at the entrance to the Long Beach harbor and to dispose of sludge by towing same to a point at least 15 miles off-shore. The granting of this permit brings to a con-

clusion a matter that has been the subject of considerable discussion in southern California. If the prescribed methods of disposal are carefully followed, it is believed that no nuisance nor menace to the public health will arise.

REVISED AND AMENDED DEFINITIONS AND STANDARDS FOR FOOD PRODUCTS

FRUIT JUICES

The following revised and amended definitions for food products are adopted:

1. Fruit juice is the clean, unfermented liquid obtained from the first pressing of sound, ripe, fresh fruit, or of its pulp, and conforms in name to the fruit from which it is obtained.

2. Grape juice is the clean, unfermented juice of sound, ripe grapes. It is obtained by a single pressing of the fruit, with or without the aid of heat, and with or without the removal of insoluble matter.

3. Orange juice is the clean, unfermented juice obtained from sound, ripe sweet oranges. It may contain a portion of the pulp and/or of the volatile oil.

ARTHUR M. HYDE,

Secretary of Agriculture.

WASHINGTON, D. C.

WHITE AND WHOLE WHEAT FLOUR

4. Whole wheat flour, entire wheat flour, graham flour, is the clean, sound product made by grinding wheat, and contains, in their natural proportions, all of the constituents of the cleaned grain.

7. Flour, wheat flour, white flour, is the clean, sound, fine-ground product, obtained in the commercial milling of wheat, and consists essentially of the starch and gluten of the endosperm. It contains not more than 15 per cent of moisture, not less than 1 per cent of nitrogen, not more than 1 per cent of ash, and not more than 0.5 per cent of fiber.

ARTHUR M. HYDE,

Secretary of Agriculture.

WASHINGTON, D. C.

Science is organized knowledge.—*Spencer*.

MORBIDITY *

Diphtheria.

69 cases of diphtheria have been reported, as follows: Berkeley 1, Oakland 1, Chico 1, Humboldt County 1, Imperial County 1, Holtville 1, Kern County 2, Los Angeles County 6, Burbank 4, Glendora 1, Long Beach 1, Los Angeles 25, Pomona 1, Vernon 2, Torrance 3, Monterey Park 1, Madera County 1, Orange County 2, Santa Ana 1, Sacramento 2, Needles 2, San Francisco 3, Stockton 1, Santa Clara County 1, San Jose 1, Stanislaus County 2, Ventura County 1.

* From reports received on October 27th and 28th for week ending October 26th.

Scarlet Fever.

66 cases of scarlet fever have been reported, as follows: Alameda 1, Oakland 4, Contra Costa County 1, Fresno County 2, Kern County 2, Los Angeles County 3, Compton 1, Glendale 1, Inglewood 5, Long Beach 3, Los Angeles 8, South Pasadena 1, South Gate 1, Merced County 1, Santa Ana 2, La Habra 1, Riverside County 1, Sacramento 1, San Diego 2, San Francisco 5, Stockton 7, San Luis Obispo County 2, San Luis Obispo 2, Santa Barbara 1, Shasta County 2, Solano County 1, Vacaville 1, Ventura 1, Yolo County 1, Davis 1, Woodland 1.

Measles.

86 cases of measles have been reported, as follows: Alameda County 6, Berkeley 4, Hayward 11, Oakland 1, Chico 2, Kern County 2, Arcadia 1, Inglewood 1, Long Beach 1, Los Angeles 6, Rendondo 5, Monterey 1, Riverside County 2, San Bernardino County 2, San Diego County 1, San Diego 15, San Joaquin County 1, Stockton 1, San Luis Obispo County 2, Arroyo Grande 1, Burlingame 1, Santa Barbara 1, Santa Clara County 1, Tulare County 2, Exeter 3, Ventura 7, Oxnard 5.

Smallpox.

11 cases of smallpox have been reported, as follows: Chico 1, Fresno 1, Lassen County 1, Los Angeles 2, Madera County 2, Anaheim 1, Yuba City 1, Tulare County 1, Marysville 1.

Typhoid Fever.

14 cases of typhoid fever have been reported, as follows: Alameda County 1, Oakland 1, Los Angeles 1, Merced County 1, San Francisco 6, Solano County 1, Red Bluff 1, California 2.**

Whooping Cough.

66 cases of whooping cough have been reported, as follows: Alameda 2, Oakland 4, Hanford 1, Los Angeles County 6, Glendale 1, Inglewood 1, Los Angeles 14, Santa Monica 2, Whittier 1, San Rafael 1, Sacramento 4, San Diego County 1, San Francisco 20, San Joaquin County 3, Stockton 1, Redwood City 2, San Jose 1, Trinity County 1.

Meningitis (Epidemic).

8 cases of epidemic meningitis have been reported, as follows: Oakland 1, Kern County 1, Los Angeles 2, Bell 1, San Diego 1, San Francisco 1, Stockton 1.

Encephalitis (Epidemic).

2 cases of epidemic encephalitis have been reported, as follows: Oakland 1, Kern County 1.

Trichinosis.

2 cases of trichinosis have been reported, as follows: Orange County 1, Santa Clara 1.

Food Poisoning.

Los Angeles reported two cases of food poisoning.

Tularemia.

Kern County reported one case of tularemia.

Actinomycosis.

Santa Ana reported one case of actinomycosis.

Coccidioidal Granuloma.

Dinuba reported one case of coccidioidal granuloma.

Poliomyelitis.

72 cases of poliomyelitis have been reported, as follows: Oakland 2, Colusa 1, Fresno County 1, Los Angeles County 7, Long Beach 1, Los Angeles 6, San Fernando 1, South Gate 1, Madera 1, Monterey County 1, Napa County 1, Needles 1, San Diego County 1, San Diego 1, San Francisco 18, Lodi 2, San Luis Obispo County 4, San Luis Obispo 6, Burlingame 2, Santa Barbara 4, San Jose 3, Stanislaus County 4, Tulare County 1, Exeter 1, California 1.**

**Cases charged to "California" represent patients ill before entering the state or those who contracted their illness traveling about the state throughout the incubation period of the disease. These cases are not chargeable to any one locality.

COMMUNICABLE DISEASE REPORTS

Disease	1930				1929			
	Week ending			Reports for week ending Oct. 25 received by Oct. 28	Week ending			Reports for week ending Oct. 26 received by Oct. 29
	Oct. 4	Oct. 11	Oct. 18		Oct. 5	Oct. 12	Oct. 19	
Actinomycosis.....	0	0	0	1	0	0	0	0
Anthrax.....	1	0	0	0	0	0	0	1
Chickenpox.....	88	134	143	168	114	102	205	175
Coccidioidal Granuloma.....	1	0	0	1	0	1	2	0
Diphtheria.....	43	58	59	69	42	56	67	75
Dysentery (Amoebic).....	1	0	0	1	1	0	1	1
Dysentery (Bacillary).....	3	3	10	1	0	1	1	2
Encephalitis (Epidemic).....	1	1	0	2	0	1	0	0
Erysipelas.....	7	8	7	9	8	9	14	8
Food Poisoning.....	1	4	5	2	24	0	2	0
German Measles.....	7	7	9	5	9	8	10	12
Gonococcus Infection.....	132	148	150	150	89	129	146	130
Hookworm.....	0	0	1	0	0	0	1	0
Influenza.....	31	26	20	23	24	30	26	32
Jaundice (Epidemic).....	0	1	0	0	0	0	0	0
Leprosy.....	1	0	0	0	0	0	1	0
Malaria.....	1	1	1	0	6	2	2	4
Measles.....	82	69	125	86	44	44	54	40
Meningitis (Epidemic).....	0	3	4	8	7	6	10	6
Mumps.....	117	97	112	131	195	201	186	278
Ophthalmia Neonatorum.....	0	1	0	0	0	0	0	1
Paratyphoid Fever.....	1	0	0	0	0	1	0	0
Pellagra.....	3	0	0	3	0	1	2	0
Pneumonia (Lobar).....	22	42	42	54	26	45	42	28
Poliomyelitis.....	71	76	89	72	1	5	5	0
Rabies (Animal).....	13	9	23	14	16	16	18	15
Scarlet Fever.....	82	83	65	66	76	148	157	145
Smallpox.....	16	23	6	11	16	22	24	31
Syphilis.....	161	154	167	130	144	145	131	168
Tetanus.....	2	1	2	1	0	1	1	0
Trachoma.....	1	1	6	7	12	6	1	0
Trichinosis.....	1	1	0	2	0	0	0	0
Tuberculosis.....	227	200	268	157	178	199	218	180
Tularemia.....	0	1	0	1	0	0	0	0
Typhoid Fever.....	18	14	7	14	13	18	12	10
Undulant Fever.....	3	3	1	0	5	4	2	2
Whooping Cough.....	100	105	85	66	116	112	109	72
Totals.....	1,238	1,274	1,407	1,255	1,166	1,313	1,450	1,416



Immunization against diphtheria is a powerful weapon in curbing this disastrous disease. Health officers can, with profit, speed up work in the immunization of children against diphtheria. It is not too late to start and carry through a campaign. The results that may be accomplished are well worth while.

